

## Psychiatric Nursing 2024

### Nursing Therapy Group

**Directions:** Please answer the following questions, typing your response in the space provided. This document is due in the dropbox labeled Nursing Therapy Group by **Monday at 0800** the week you are scheduled to lead a nursing therapy group.

1. What activity will you be leading during your assigned nursing therapy group? Give a **detailed outline** of your activity, and explain how you plan on running your nursing therapy group.
  - Therapy Group BINGO
    - Each patient will get a printed off bingo card (on the next page) along with crayons
    - We will go around the room and one at a time a patient will pick a box to read
      - If they read it and answer it, they can color the square in
    - If we get to the end and someone does not feel comfortable answering a question, they can X out their box
    - We will go until we run out of time or until someone gets all of their bingo squares colored in!
2. What is the purpose of your nursing therapy group activity? **One of the main reasons of this activity is to bring all of the patients together and show them that they are never alone. Another purpose of this is to show them that they are not the only one feeling this way or having these thoughts, but they have to learn how to overcome them together and learn to cope with them and support each other as a group.**
3. How will this activity benefit the patients in the milieu? **I think that the patients participating in this activity will make them feel good and will help them become concentrated. I also think that this will help boost their self-esteem and improve their cognitive function. This will also help them get to know the other patients in the unit more and become more comfortable and supportive around them.**
4. Describe the anticipated level of participation, cognitive level and effect of patients in the milieu after completion of the nursing therapy group activity (what you expect to happen)? **I expect about 7 people to participate, with some wanting not wanting to fill in every box because it makes them uncomfortable to talk about, which is okay. This activity does not take an accelerated cognitive level as I will be walking them through the game and reading the squares aloud if needed. I think that this will allow the patients in the milieu to get their thoughts off of their chest, both positive and negative, and will make them more comfortable with the people around them. I think that when the game starts people will be more timid to share, but as it goes on, they will start to open up more.**

# B I N G O

Tell about a time you blamed someone else for something that was your fault	Finish the sentence "I feel worried when ____"	What makes you feel better when you are worried?	Share about a time when you felt good about yourself	Finish the sentence "When I'm worried, my body ____"
Share a thought you have about your family	Share something someone can do to make you feel better when you're upset?	Share a behavior that you would like to do more	Tell about a time you blamed yourself for something that wasn't your fault	Give an example of something you avoid
Talk about a time you only looked at the negative of a situation	Share something that makes you feel really stressed out	<b>Free!</b>	Share something you do well	Share a coping skill you can use when you are sad
Finish the sentence, "When I'm sad I usually ____"	What is something you would like to be better at?	Share something you are proud of	Finish the sentence "When I'm sad, my body ____"	How does your body feel when you are angry?
Share something you are thinking about when you are happy	Share an example of a positive thought about yourself	Share a positive trait you admire in others	Share a coping skill you can use when you're angry	Share something adults would like you to do differently